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## 235.03

### Infants

#### Overview

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<b>Introduction</b>	The policy describes the food packages for infants.
<b>Issuing powder formula</b>	<p>When powder formula is issued to fully formula-feeding infants, the monthly food package must include the number of cans that provide:</p> <ul style="list-style-type: none"><li>• At least the full nutrition benefit (FNB) defined as the minimum amount of reconstituted fluid ounces of liquid concentrate, but</li><li>• Not more than the maximum monthly allowance (MMA) for the physical form of the product. The MMA is specified in reconstituted fluid ounces for liquid concentrate, RTF liquid, and powder forms.</li></ul> <p>The model food packages in the WIC data system meet this requirement.</p>
<b>Issuance to breastfed infants</b>	The FNB of formula should not be used as the standard for issuance unless the mother is not breastfeeding at all. The food package quantities issued must be based on an assessment of each individual participant's breastfeeding and nutritional needs.
<b>Providing human milk fortifier</b>	The maximum quantities for infant formula also apply to human milk fortifier products. However, these products are either mixed with expressed breast milk or fed alternately with expressed breast milk. Therefore, issue the amount needed based on the infant's intake pattern.
<b>Providing ready-to-feed formula</b>	<p>Ready-to-feed formula may be issued in the following cases:</p> <ul style="list-style-type: none"><li>• The person caring for the participant may have difficulty correctly diluting concentrated or powder formula;</li><li>• The household has an unsanitary or restricted water supply or poor refrigeration;</li><li>• The prescribed formula is only available in ready-to-feed.</li></ul>

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## Overview, Continued

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### Low iron infant formula

Infant formulas provided by the WIC Program must provide at least 10 mg iron per liter at standard dilution. Low iron infant formulas are prohibited.

Note: The iron content of approved exempt infant formulas varies.

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### Cows milk

Federal regulations prohibit the provision of cows milk to infants.

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### Medical documentation

Medical documentation is required to issue formulas outside of the primary contract formulas. (See Policy 235.55 Contract Non-Exempt and Non-Contract Infant Formulas and Policy 235.56 WIC-Eligible Nutritionals).

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### Liquid vs. powder formulas for at-risk infants

Powdered formulas are not recommended for hospitalized infants (including premature infants and immune-compromised infants) because they may contain *E. sakazakii* bacteria. Some health care providers may also prescribe liquid formulas (concentrate or ready-to-feed) after hospital discharge for at-risk infants such as premature infants and immune-compromised infants. The length of time that an infant requires a sterile liquid formula is a medical determination made by the prescribing authority.

CPAs must confirm the type of formula (i.e., powder vs. liquid) prescribed for this group of infants via a telephone call or a written prescription. If the health care provider cannot be reached, issue liquid formula for that month in order to prevent an unnecessary barrier to service. **Benefits for subsequent months can be issued once the health care provider has been reached.**

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## Infants 0-3 Months

### Contents

The table below describes the food packages for infants. All of the quantities are stated as ounces of reconstituted formula. The FNB is defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula. The name of the food package in the federal regulations appears in parentheses.

Form of formula	Fully breastfed (I-BF)	Partially (mostly) breastfed (I-BF/FF and III-BF/FF)		Fully formula-fed (I-FF and III-FF)
	0-3 mo.	Birth to 1 mo.	1-3 mo.	0-3 mo.
FNB	N/A	N/A	364 oz.	806 oz.
Powder	N/A	104 oz. (1 can)	435 oz.	870 oz.
Concentrate	N/A	104 oz. (4 cans)	338 oz.	823 oz.
Ready-to-feed	N/A	104 oz. (4 cans)	384 oz.	832 oz.

### Breastfeeding infants in the first month

The Iowa WIC Program promotes breastfeeding as the normal, expected and the healthiest way to feed babies. To successfully establish milk supply, WIC encourages mothers to exclusively breastfeed and not use formula during the first 4 to 6 weeks postpartum. Therefore, formula will not be offered routinely to breastfed infant. Formula will only be issued unless medically indicated and then only the minimum amount needed will be provided.

See Policy 240.80 for more information about promoting and protecting breastfeeding in the first month.

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### Infants 4-5 Months

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**Introduction**      The amount of formula increases due to the increased nutrition needs of the growing infant.

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**Contents**      The table below describes the food packages for infants. All of the quantities are stated as ounces of reconstituted formula. The FNB is defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula. The name of the food package in the federal regulations appears in parentheses.

Form of formula	Fully breastfed (I-BF)	Partially (mostly) breastfed (I-BF/FF and III-BF/FF)	Fully formula-fed (I-FF and III-FF)
	4-5 mo.	4-5 mo.	4-5 mo.
FNB	N/A	442 oz.	884 oz.
Powder	N/A	522 oz.	960 oz.
Concentrate	N/A	460 oz.	896 oz.
Ready-to-feed	N/A	474 oz.	913 oz.

Note: Partially (mostly) breastfeeding infants should receive the minimum amount of formula required to meet their needs.

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## Infants 6-11 Months

### Introduction

The amount of formula in the food packages is decreased because solid foods are provided.

### Contents

The table below describes the food packages for infants. All of the quantities are stated as ounces of reconstituted formula. The FNB is defined as the minimum amount of reconstituted fluid ounces of liquid concentrate infant formula. The name of the food package in the federal regulations appears in parentheses.

Food	Fully breastfed (I-BF)	Partially (mostly) breastfed (I-BF/FF and III-BF/FF)	Fully formula-fed (I-FF and III-FF)
	6-11 mo.	6-11 mo.	6-11 mo.
<b>Formula</b>			
FNB	N/A	312 oz.	624 oz.
Powder	N/A	384 oz.	696 oz.
Concentrate	N/A	315 oz.	630 oz.
Ready-to-feed	N/A	338 oz.	643 oz.
<b>Infant foods</b>			
Cereal	24 oz.	24 oz.	24 oz.
Fruits & vegetables	256 oz.	128 oz.	128 oz.
Meat	77.5 oz.	N/A	N/A
Meat	77.5 oz.	N/A	N/A

Note: Partially (mostly) breastfeeding infants should receive the minimum amount of formula required to meet their needs.

### Exception to maximum monthly allowance for formula

A small group of 6-11 month old infants can receive more formula than the amounts listed in the table above. This group includes infants who:

- Receive an exempt or **contract non-exempt** infant formula or a WIC-eligible nutritional, and
- Have qualifying medical conditions that preclude them from consuming solid foods.

The maximum quantity of formula for these infants is the same as provided for infants who are 4-5 months old (see the previous page).

**Note:** Federal regulations allow a 6-11 month old receiving a primary contract formula to receive the 4-5 month formula quantity amounts for infants who have qualifying medical conditions that preclude them from

consuming solid food, however this is not possible in the Focus system at this time.

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## Infants 9-11 Months

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**Issuance of  
food package  
IV (child's  
package)**

Infants receiving WIC may not be issued food package IV, the child's food package until they turn one year old. The infant food package is required and any other issuance is not allowed prior to the infant reaching the first birthday.

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